





## How much fat is in fast food breakfast choices?

	Teaspoons of fat*
Plain biscuit <i>or</i> English muffin with egg and cheese	
Danish pastry <i>or</i> biscuit with ham and egg	
Scrambled eggs and sausage	
Biscuit with sausage and egg	

\* 1 teaspoon = 4 grams of fat

NOTE: These are just examples. Fat content varies based on such things as the portion size or amount of dressing or cheese included. Most fast food restaurants will supply nutrition information if you ask.

## Lowfat choices for breakfast include:



- English muffin with jam
- lowfat or nonfat muffins
- pancakes with syrup
- fruit juice
- bagels

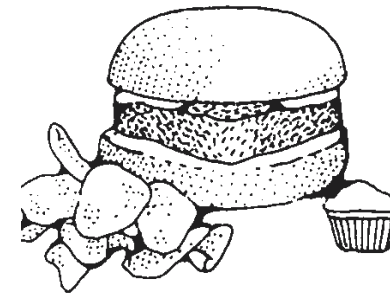
**UW**  
**Extension**

Cooperative Extension • Family Living Programs

**Wisconsin  
Nutrition  
Education  
Program**

## Food To Go

Food from fast food restaurants can be easy, fun and healthy. Choose fast food with less fat.



**UW**  
**Extension**

This information is published by the University of Wisconsin Cooperative Extension Service in cooperation with USDA and Wisconsin counties. An EEO/Affirmative Action employer, University of Wisconsin Cooperative Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. 2002.

## Will the food I choose make a difference in how much fat I get?

**YES!**

For example:

More Fat

cheeseburger  
+ fries  
+ vanilla shake  
+ apple pie

---

= 10 teaspoons fat\*



Less Fat

regular hamburger  
+ side salad with  
lowfat dressing  
+ 1% milk  
+ frozen yogurt  
soft serve cone

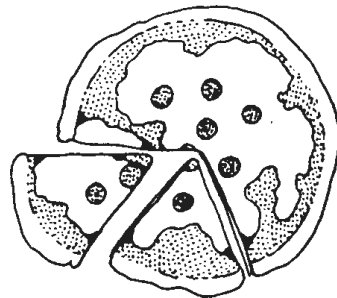
---

= 5 teaspoons fat\*



## Where is the fat?

Fat is not just in the fried foods. A lot of fat is hidden in meat, cheese, and condiments like tartar sauce, mayonnaise and salad dressings.



## How much fat is in fast food lunch or supper choices?

Teaspoons of fat\*

Cheeseburger *or* beef taco  
*or* bean burrito



Chicken nuggets (6) *or*  
medium french fries



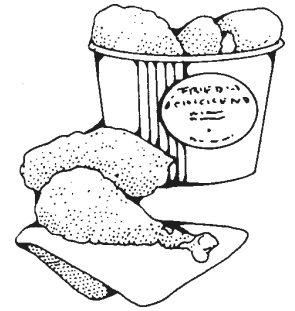
2 slices pepperoni pizza *or*  
fried fish or chicken sandwich



Quarter pound cheeseburger *or*  
double cheeseburger with sauce



Large taco salad  
with fried shell



\* 1 teaspoon = 4 grams of fat

NOTE: These are just examples. Fat content varies based on such things as the portion size or amount of dressing or cheese included. Most fast food restaurants will supply nutrition information if you ask.

## Lowfat choices for lunch or supper include:

- grilled chicken sandwich (with little or no mayonnaise)
- roast beef or turkey sandwich
- salad with lowfat dressing
- chili
- baked potato with broccoli (and little or no butter)
- lowfat milk or yogurt